

El Paso-Gridley Girls Track Top 6 Honor Roll • 2005 to 2022

100 METER DASH

Kaylynn Schlipf	2015	:12.64 hc
Tristyn Grube	2021	:12.84 FAT
Kaylynn Schlipf	2015-16	:13.12 FAT
Robin Eastwood	2009	:13.14 hc
Jillian Toth	2019	:13.17 FAT
Tori Witzig	2019, 2021	:13.37 FAT
Meghan Wilkey	2010	:13.44 hc

200 METER DASH

Tristyn Grube	2021	:26.42 FAT
Kaylynn Schlipf	2015	:27.14 hc
Gracie Feeney	2016	:27.54 hc
Tori Witzig	2021	:27.90 FAT
Gloria Clark	2010	:28.14 hc
Aubrey Staton	2016	:28.34 hc

400 METER DASH

Julie James	2010	:59.25 FAT
Sophia Lowery	2019	1:00.70 FAT
Maddie Morrison	2014	1:03.70 FAT
Janelle James	2007	1:03.91 FAT
Tristyn Grube	2018	1:04.52 FAT
Rebekah Ehresman	2014	1:04.54 hc

800 METER RUN

Julie James	2010	2:12.44 FAT
Ruby Slightom	2019	2:24.23 FAT
Nellie Melick	2022	2:31.17 FAT
Janelle James	2005	2:31.54 hc
Cate Atkins	2018	2:33.03 FAT
Jordan Hartness	2010	2:34.54 hc

1600 METER RUN

Julie James	2011	5:06.94 hc
Cate Atkins	2018	5:21.69 FAT
Nellie Melick	2022	5:22.42 FAT
Sophi Allen	2019	5:33.55 FAT
Jordan Hartness	2008	5:48.34 hc
Julia Reid	2017	5:48.54 FAT

3200 METER RUN

Julie James	2011	11:06.04 hc
Cate Atkins	2018	11:39.71 FAT
Nellie Melick	2022	12:03.63 FAT
Sophi Allen	2019	12:09.30 FAT
Karly Miller	2011	12:20.61 FAT
Julia Reid	2017	12:44.29 FAT

100 M HIGH HURDLES

Gracie Feeney	2017	:15.50 FAT
Kaylynn Schlipf	2017	:15.61 FAT
Faith Graham	2019	:16.01 FAT
Makenna Parkhouse	2019	:16.56 FAT
Tori Witzig	2019	:16.86 FAT
Robin Eastwood	2009	:17.04 FAT

300 METER LOW HURDLES

Gracie Feeney	2017	:45.79 FAT
Makenna Parkhouse	2019	:47.56 FAT
Emma Betts	2019	:47.92 FAT
Rebekah Ehresman	2014	:49.05 FAT
Tori Witzig	2021	:49.63 FAT
Robin Eastwood	2009	:50.03 FAT

LONG JUMP

Tristyn Grube	2021	5.385 m [17-8]
Gracie Feeney	2017	5.188 m [17-0 1/4]
Michelle Bigger	2015	5.074 m [16-7 3/4]
Kaylynn Schlipf	2015	4.909 m [16-1 1/4]
Faith Graham	2018	4.839 m [15-10 1/2]
Aubrey Phillips	2022	4.73m [15-6]

HIGH JUMP

Julie James	2010	1.626 m [5-4]
Janelle James	2005	1.575 m [5-2]
Aubrey Staton	2015	1.575 m [5-2]
Aubrey Phillips	2022	1.57m [5-1 3/4]
Justine James	2005	1.524 m [5-0]
Sophia Lowery	2018, 2019	1.524 m [5-0]
Reese Deckard	2022	1.52m [4-11 3/4]

TRIPLE JUMP

Tristyn Grube	2018	10.376 m [34-0 1/2]
Michelle Bigger	2014	10.325 m [33-10 1/2]
Alyssa Byers	2011	10.280 m [33-8 3/4]
Faith Graham	2019	9.995 m [32-9 1/2]
Aubrey Staton	2016	9.754 m [32-0]

Chelsea Kessinger	2011	9.696 m [31-9 3/4]
Megan Evans	2008	9.690 m [31-9 1/2]

SHOT PUT

Mattie Buchanan	2013	11.663 m [38-2]
Miranda Reeves	2016	11.462 m [37-7 1/4]
Sierra Carr (indoors)	2020	11.208 m [36-9 1/4]
Sierra Carr	2019	11.024 m [36-2]
Taylor Rarick	2016	10.427 m [34-2 1/2]
Kortney Bagby	2017	10.109 m [33-2]
Kathy Forman	2008	9.576 m [31-5]

DISCUS

Miranda Reeves	2016	39.599 m [129-11]
Mattie Buchanan	2010	32.563 m [106-10]
Alana Payton	2012	32.106 m [105-4]
Taylor Rarick	2016	31.140 m [102-2]
Sierra Carr	2019	30.836 m [101-2]
Jillian Toth	2021	30.81 m [101-1]

POLE VAULT

Lizzie Uphoff	2022	2.90 m [9-6]
Lizzie Uphoff	2022	2.95 m [9-8] (indoors)
Jaycie Schertz	2017	2.286 m [7-6]
Alex Horine	2018	2.134 m [7-0]
Lauren Sepich	2019	1.981 m [6-6]
Lauren Wilson	2015	1.829 m [6-0]
Christina Carrier	2015	1.829 m [6-0]
Sophia Allen	2016	1.829 m [6-0]

4 X 100 RELAY

50.99 FAT, (Makenna Parkhouse 13.2, Sophia Lowery 13.4, Emma Betts 12.0, Tristyn Grube 12.4), EPG Sectional 2019.
 51.00 FAT, (Makenna Parkhouse 13.6, Sophia Lowery 12.6, Emma Betts, 12.4, Tristyn Grube 12.4), McLean Co./HOI 2019.
 51.12 FAT, (Makenna Parkhouse 12.9, Sophia Lowery 12.9, Emma Betts 12.3, Tristyn Grube 13.02), State Prelims 2019.
 51.59 FAT, (Gracie Feeney 13.8, Michelle Bigger 12.6, Maddie Morrison 12.3, Kaylynn Schlipf 12.89), Lewistown Sectional 2015.
 51.61 FAT, (Gracie Feeney, Aubrey Staton, Maddie Morrison, Kaylynn Schlipf), EPG Hexangular 2016
 51.65 FAT, (Makenna Parkhouse, Sophia Lowery, Emma Betts, Tristyn Grube), Senior Night 2019

4 X 200 RELAY

1:49.48 FAT, (Tori Witzig 27.3, Emma Betts 27.7, Sophia Lowery 27.6, Tristyn Grube 26.9), State Prelims 2019
 1:49.59 FAT, (Faith Graham 29.7, Tori Witzig 26.5, Sophia Lowery 27.1, Tristyn Grube 26.3), Senior Night 2019
 1:50.44 FAT, (Gracie Feeney 28.1, Aubrey Staton 26.7, Makenna Parkhouse 28.6, Maddie Morrison 27.04), EPG Sectional 2016
 1:51.04 FAT, (Gracie Feeney 27.5, Aubrey Staton, 27.7, Makenna Parkhouse 27.6, Maddie Morrison 28.2), County/HOI 2016.
 1:51.05 FAT, (Gracie Feeney 27.9, Aubrey Staton 28.0, Maddie Morrison 27.3, Kaylynn Schlipf 27.8), EPG Hexangular 2016
 1:51.55 FAT, (Gracie Feeney 27.9, Aubrey Staton 27.7, Makenna Parkhouse 27.9, Maddie Morrison 28.05), State Prelims 2016.

4 X 400 RELAY

4:10.95 FAT, (Makenna Parkhouse 63.5, Emma Betts 64.0, Sophia Lowery 62.0, Tristyn Grube 61.5), McLean Co./HOI 2019
 4:11.61 FAT, (Makenna Parkhouse 64.2, Ruby Slightom 65.4, Sophia Lowery 61.1, Tristyn Grube 60.9), Mendota Invite 2019
 4:13.64 FAT, (Makenna Parkhouse 63.4, Emma Betts 64.4, Sophia Lowery 62.5, Tristyn Grube 63.3), State Prelims 2019
 4:13.90 FAT, (Makenna Parkhouse 64.2, Kaylynn Schlipf 65.3, Maddie Morrison 63.4, Gracie Feeney 61.0), McLean County/HOI 2017.
 4:14.10 FAT, (Makenna Parkhouse 62.8, Kaylynn Schlipf 65.8, Maddie Morrison 65.2, Gracie Feeney, 60.3), State Prelims 2017.
 4:14.52 FAT, (Makenna Parkhouse 62.9, Emma Betts 64.5, Sophia Lowery 63.6, Tristyn Grube 63.5), Eureka Invite.

4 X 800 RELAY

10:05.62 FAT, (Tristyn Grube 2:32.2, Sophi Allen 2:34.3, Jenna Kent 2:36.6, Ruby Slightom 2:22.5), Journal Star Honor Roll 2019.
 10:16.24 hc, (Karly Miller 2:29.2, Jessica Welch 2:42.5, Rachael Rotramel 2:45.6, Julie James 2:18.7), Eureka Invite 2011.
 10:17.19 FAT, (Karly Miller 2:29.7, Jessica Welch 2:45.9, Jordan Hartness 2:38.8, Julie James 2:22.6), McLean County 2011.
 10:17.74 hc, (Cate Atkins 2:39.5, Sophia Lowery 2:39.2), Tristyn Grube 2:34.9, Ruby Slightom 2:23.9), Dee-Mack 2019.
 10:17.95 FAT, (Karly Miller 2:29, Jessica Welch 2:39, Jordan Hartness 2:42, Julie James 2:28), PBL Sectional 2011.
 10:23.64 FAT, (Karly Miller 2:25.1, Jessica Welch 2:38.2, Delaney Killian 2:44.7, Jordan Hartness 2:35.64), State Prelims 2011.

(hc = hand-time converted to FAT by adding 0.24 second.)

EPG, El Paso, & Gridley Girls Track All-Time Honor Roll 1973 to 2022

100 METER DASH

Kaylynn Schlipf (EPG)	2015	:12.64 hc
Tristyn Grube (EPG)	2021	:12.84 FAT
Kaylynn Schlipf (EPG)	2015-16	:13.12 FAT
Robin Eastwood (EPG)	2009	:13.14 hc
Jillian Toth (EPG)	2019	:13.17 FAT
Amy Heller	1982-83	:13.24 hc
Sheila Jones	1984	:13.24 hc
Janet Patterson	1973	:13.34* hc
Angie Wadsworth	1986	:13.34 hc
Tori Witzig (EPG)	2019, 2021	:13.37 FAT
Patty Hynes	1981	:13.44 hc
Lori Riker	1983	:13.44 hc
Meghan Wilkey (EPG)	2010	:13.44 hc
Brenda Ales	1977	:13.54* hc
Gracie Feeney (EPG)	2016	:13.54 hc
Makenna Parkhouse (EPG)	2018	:13.62 FAT
Traci Faulk	1986	:13.64 hc
Heather Arbuckle	1998, 2000	:13.64 hc
Patsy Wilson	1975	:13.74* hc
Jillian Kitchell	2003	:13.74 hc
Sophia Lowery (EPG)	2019	:13.79 FAT

200 METER DASH

Tristyn Grube (EPG)	2021	:26.42 FAT
Janell Schmidt	2002	:26.95 FAT
Janell Schmidt	2002	:27.04 hc
Kaylynn Schlipf (EPG)	2015	:27.14 hc
Jennifer Cox	2002	:27.34 hc
Amy Heller	1982	:27.54 hc
Gracie Feeney (EPG)	2016	:27.54 hc
Tori Witzig (EPG)	2021	:27.90 FAT
Patty Hynes	1983	:27.94 hc
Sheila Jones	1984	:28.14 hc
Gloria Clark (EPG)	2010	:28.14 hc
Brenda Ales	1977	:28.24* hc
Lori Riker	1983	:28.24 hc
Heather Arbuckle	1999	:28.24 hc
Aubrey Staton (EPG)	2016	:28.34 hc
Sofia Lindenberg (EPG)	2022	:28.43 FAT
Alyssa Byers (EPG)	2012	:28.48 FAT
Jillian Toth (EPG)	2019	:28.49 FAT
Kelly Schmitt	1998	:28.54 hc
Lauren Sepich (EPG)	2019	:27.62 FAT
Kelly Sennott	1976	:28.64* hc
Stacy Rinkenberger	1989	:28.74 hc

400 METER DASH

Julie James (EPG)	2010	:59.25 FAT
Janell Schmidt	2001	1:00.24 hc
Sophia Lowery (EPG)	2019	1:00.70 FAT
Amy Heller	1982	1:00.84 hc
Jennifer Cox	2002	1:01.94 hc
Sheila Jones	1984	1:02.24 hc
Stacy Rinkenberger	1989	1:02.34 hc
Mara Bergquist	1982	1:02.44 hc
Maddie Morrison (EPG)	2014	1:03.70 FAT
Dee Kurtenbach	1984	1:03.84 hc
Traci Faulk	1986	1:03.84 hc
Janelle James (EPG)	2007	1:03.91 FAT
Tristyn Grube (EPG)	2018	1:04.52 FAT
Rebekah Ehresman (EPG)	2014	1:04.54 hc
Heather Arbuckle	2000	1:04.84 hc
Justine James (EPG)	2005	1:04.94 hc
Tori Bellman	1999	1:05.04 hc
Emma Baker (EPG)	2017	1:05.20 FAT
Taylor Wilkey (EPG)	2008	1:05.74 hc
Mendy Carr	1992	1:06.24 hc
Jaycie Schertz (EPG)	2017	1:06.32 FAT
Jacy James (EPG)	2010	1:06.44 hc

800 METER RUN

Julie James (EPG)	2010	2:12.44 FAT
Jennifer Cox	2000	2:18.31 FAT

Sheila Jones	1983	2:23.64 hc
Ruby Slightom (EPG)	2019	2:24.23 FAT
Amy Heller	1984	2:26.24 hc
Mendy Carr	1991	2:31.04 hc
Nellie Melick (EPG)	2022	2:31.17 FAT
Janelle James (EPG)	2005	2:31.54 hc
Inga Bergquist	1992	2:32.94 hc
Cate Atkins (EPG)	2018	2:33.03 FAT
Becky Jones	1986	2:33.64 hc
Gina Kelly	1986	2:34.14 hc
Jordan Hartness (EPG)	2010	2:34.54 hc
Rebekah Ehresman (EPG)	2014	2:36.14 hc
Tanya Harsh	1994	2:36.24 hc
Jenna Kent (EPG)	2019	2:36.74 FAT
Layne Crusius	1988	2:36.74 hc
Karly Miller (EPG)	2011	2:37.04 hc
Julia Reid (EPG)	2017	2:38.55 FAT
Debra Scott	1982	2:39.34 hc
Braden Hickey (EPG)	2009	2:39.40 FAT

1600 METER RUN

Julie James (EPG)	2011	5:06.94 hc
Cate Atkins (EPG)	2018	5:21.69 FAT
Nellie Melick (EPG)	2022	5:22.42 FAT
Jennifer Cox	1999	5:23.85 FAT
Sophi Allen (EPG)	2019	5:33.55 FAT
Amy Heller	1983	5:43.54 hc
Jordan Hartness (EPG)	2008	5:48.34 hc
Julia Reid (EPG)	2017	5:48.54 FAT
Karly Miller (EPG)	2011	5:51.54 hc
Inga Bergquist	1991	5:52.14 hc
Layne Crusius	1988	5:53.64 hc
Charlene Hamilton (EPG)	2019	5:53.12 FAT
Lori Messer	1980	5:53.94 hc
Kami Bergquist	1986	5:54.84 hc
Jenna Kent (EPG)	2021	5:55.45 FAT
Mendy Carr	1991	5:56.54 hc
Ruby Slightom (EPG)	2019	6:01.54 FAT
Allison Kelly (EPG)	2017	6:02.50 FAT
Susan Cleary	1986	6:03.14 hc
Becky Jones	1985	6:03.34 hc

3200 METER RUN (first run 1976)

Julie James (EPG)	2011	11:06.04 hc
Cate Atkins (EPG)	2018	11:39.71 FAT
Jennifer Cox	1999	11:53.14 hc
Nellie Melick (EPG)	2022	12:03.63 FAT
Sophi Allen (EPG)	2019	12:09.30 FAT
Karly Miller (EPG)	2011	12:20.61 FAT
Inga Bergquist	1991	12:21.64 hc
Kami Bergquist	1983	12:44.24 hc
Julia Reid (EPG)	2017	12:44.39 FAT
Charlene Hamilton (EPG)	2019	12:48.34 hc
Katie Cleary	1995	13:02.24 hc
Jacy James (EPG)	2008	13:26.24 hc
Sarah Schug (EPG)	2015	13:29.94 hc
Charlotte Anderson	1981	13:51.24 hc
Delaney Killian (EPG)	2011	13:57.66 FAT
Megan Endress (EPG)	2017	14:08.32 FAT
Mya Gramm (EPG)	2019	14:17.14 FAT
Haley Staulcup (EPG)	2011	14:28.44 hc
Autumn Kridner (EPG)	2012	14:31.14 hc
Allison Kelly (EPG)	2017	14:33.84 hc

100 M HIGH HURDLES (33", first run 1989)

Gracie Feeney (EPG)	2017	:15.50 FAT
Kaylynn Schlipf (EPG)	2017	:15.61 FAT
Faith Graham (EPG)	2019	:16.01 FAT
Makenna Parkhouse (EPG)	2019	:16.56 FAT
Tori Witzig (EPG)	2019	:16.86 FAT
Robin Eastwood (EPG)	2009	:17.04 FAT
Robin Eastwood (EPG)	2008	:17.14 hc
Rebekah Ehresman (EPG)	2014	:17.30 FAT
Rebekah Ehresman (EPG)	2014	:17.34 hc

Maggie Skinner (EPG)	2008	:17.44 hc
Meghan Wilkey (EPG)	2007	:17.54 hc
Renee Rust	1999	:17.94 hc
Emily Uphoff	2003	:18.04 hc
Atricia Evans	1989	:18.14 hc
Jennifer Reeves	1992	:18.14 hc
Mindy Campbell (EPG)	2005	:18.34 hc
Ashlyn Mool (EPG)	2017	:18.64 hc
Jessica Wolf	1995	:18.74 hc
Reese Deckard (EPG)	2022	:18.74 hc

300 METER LOW HURDLES (1st run 1986)

Gracie Feeney (EPG)	2017	:45.79 FAT
Makenna Parkhouse (EPG)	2019	:47.56 FAT
Emma Betts (EPG)	2019	:47.92 FAT
Rebekah Ehresman (EPG)	2014	:49.05 FAT
Tori Witzig (EPG)	2021	:49.63 FAT
Meghan Wilkey (EPG)	2007	:50.24 hc
Robin Eastwood (EPG)	2009	:50.03 FAT
Kaylynn Schlipf (EPG)	2015	:51.24 FAT
Allie Paradies (EPG)	2013	:51.47 FAT
Reese Deckard (EPG)	2022	:52.46 FAT
Emily Uphoff	2001	:52.74 hc
Faith Graham (EPG)	2018	:52.74 hc
Becky Jones	1986	:52.94 hc
Ashlyn Mool (EPG)	2017	:54.07 FAT
Jessica Wolf	1993	:54.44 hc
Mindy Campbell (EPG)	2005	:54.44 hc
Amanda Whisker	2004	:54.74 hc
Maggie Skinner (EPG)	2008	:54.74 hc
Atricia Evans	1987	:55.64 hc
Katie Sharkey (EPG)	2010	:55.75 FAT

LONG JUMP

Tristyn Grube (EPG)	2021	17-8
Laura Dukes	1985	17-7
Gracie Feeney (EPG)	2017	17-0 1/4
Lesley Stone	1990	16-10 1/4
Michelle Bigger (EPG)	2015	16-7 3/4
Kaylynn Schlipf (EPG)	2015	16-1 1/4
Faith Graham (EPG)	2018	15-10 1/2
Aubrey Phillips (EPG)	2022	15-6
Ami Heinzmann (EPG)	2022	15-3 1/4
Diana Miller	1974	15-3
Julie Sutton	1981	15-3
Chelsea Kessinger (EPG)	2011	15-1 1/2
Traci Faulk	1986	15-1
Steph Aeschliman	1981	14-11 3/4
McKayla Harms (EPG)	2022	14-11 1/2
Patsy Wilson	1975	14-11
Kelly Schmitt	1999	14-9
Megan Evans (EPG)	2005	14-8 1/2
Larissa Kiefer (EPG)	2009	14-8 1/2

HIGH JUMP

Stephanie Schuler	1996	5-6
Julie James (EPG)	2010	5-4
Lesley Stone	1990	5-3
Janelle James (EPG)	2005	5-2
Aubrey Staton (EPG)	2015	5-2
Aubrey Phillips (EPG)	2022	5-1 3/4
Sheila Jones	1982-83	5-0
Sherri Stiles	1984	5-0
Amanda Whisker	2004	5-0
Justine James (EPG)	2005	5-0
Sophia Lowery (EPG)	2018-19	5-0
Reese Deckard (EPG)	2022	4-11 3/4
Kellerhals (Gridley)	1976	4-11
Gina Kelly	1985-86	4-10
Jessica Wolf	1995	4-10
Jacy James (EPG)	2008	4-10
Maddie Morrison (EPG)	2015	4-10
Janet Patterson	1976	4-9

EPG, El Paso, & Gridley Girls Track All-Time Honor Roll 1973 to 2022

TRIPLE JUMP (new event 1996)

Tristyn Grube (EPG)	2018	34-0 1/2
Michelle Bigger (EPG)	2014	33-10 1/2
Alyssa Byers (EPG)	2011	33-8 3/4
Faith Graham (EPG)	2019	32-9 1/2
Aubrey Staton (EPG)	2016	32-0
Chelsea Kessinger (EPG)	2011	31-9 3/4
Megan Evans (EPG)	2008	31-9 1/2
Ashlyn Mool (EPG)	2017	30-8
Ami Heinzmann (EPG)	2022	30-6 3/4
Emily McCormick (EPG)	2008	30-6
Leslie Wilkey	2003	30-2 1/2
Jen Ehresman (EPG)	2014	29-9
McKayla Harms (EPG)	2022	29-5
Lauren Wilson (EPG)	2014	28-10
Larissa Kiefer (EPG)	2008	28-9
Rebecca Orns (EPG)	2019	28-8
Emma Baker (EPG)	2016	28-4
Emily Uphoff	2003	28-2
Lauren Sepich (EPG)	2019	28-2
Caitlin Raasch (EPG)	2006	27-11
Rachael Ingalsbe (EPG)	2012	27-11

SHOT PUT (4 kg. first thrown 1981)

Cindy Uphoff	1998	38-5
Mattie Buchanan (EPG)	2013	38-2
Dana Wilson	1986	37-8
Miranda Reeves (EPG)	2016	37-7 1/4
Sierra Carr (EPG) (indoors)	2020	36-9 1/4
Sierra Carr (EPG)	2019	36-2
Holly Armstrong	2004	35-2
Jodi DeKeyser	1983	34-5
Taylor Rarick (EPG)	2016	34-2 1/2
Kortney Bagby (EPG)	2017	33-2
Sue Uphoff	1985	33-1
Margie Boyd	1996	32-5 1/2
Kathy Forman (EPG)	2008	31-5
Erica Uphoff	2004	31-4 1/2
Jillian Toth (EPG)	2021	30-1
Jaime Krug	1992	29-3
Payton Rarick (EPG)	2018	29-1
Morgan Render (EPG)	2019	28-9 1/2
Kim Borger	1988	28-9
Sophia Lowery (EPG)	2019	28-8 3/4
Shannon Hasselbacher	1995	28-8 1/2

DISCUS

Miranda Reeves (EPG)	2016	129-11
Jodi DeKeyser	1983	117-11
Holly Armstrong	2004	116-11
Cindy Uphoff	1995	110-6
Mattie Buchanan (EPG)	2010	106-10
Alana Payton (EPG)	2012	105-4
Dana Wilson	1986	103-0
Taylor Rarick (EPG)	2016	102-2
Sierra Carr (EPG)	2019	101-2
Jillian Toth (EPG)	2021	101-1
Kim Borger	1988	99-7
Sue Uphoff	1985	99-1
Meghan Wilkey (EPG)	2010	97-4
Tracy Supan	1987	95-10
Marilyn Bauman	1980	93-3
Payton Rarick (EPG)	2017	92-5
Margie Boyd	1999	92-3
Lynn Hunsaker	1978	91-0
Jaime Krug	1992	89-7
Karen Krug	1975	88-1

EPG Indoor Records 2005-2022

GIRLS

60 METER DASH			
Gracie Feeney	2016	:08.46	FAT
200 METER DASH			
Tori Witzig	2019	:28.69	FAT
400 METER DASH			
Julie James	2011	:59.93	FAT
800 METER RUN			
Julie James	2011	2:17.52	FAT
1600 METER RUN			
Julie James	2010	5:22.96	FAT
3200 METER RUN			
Cate Atkins	2018	11:45.99	FAT
60 M HIGH HURDLES			
Gracie Feeney	2017	:09.66	FAT
LONG JUMP			
Tristyn Grube	2019	5.220m	[17-1 1/2]
HIGH JUMP			
Julie James	2010	1.626m	[5-4]
TRIPLE JUMP			
Tristyn Grube	2019	10.090m	[33-1 1/4]
SHOT PUT			
Sierra Carr	2020	11.208m	[36-9 1/4]
POLE VAULT			
Lizzie Uphoff	2022	2.95m	[9-8]
4 x 200 RELAY			
(Makenna Parkhouse 28.8, Sophia Lowery 27.6, Faith Graham 28.8, Tristyn Grube 26.9)	2019	1:52.15	FAT
4 x 400 RELAY			
(Makenna Parkhouse 65.2, Emma Betts, 67.1, Sophia Lowery 62.7, Tristyn Grube 62.8)	2019	4:17.83	FAT
4 x 800 RELAY			
(Cate Atkins 2:38.7, Sophi Allen 2:40.3, Jenna Kent 2:51.8, Ruby Slightom 2:28.9)	2019	10:39.75	FAT

BOYS

60 METER DASH			
Reece Stimpert	2022	:07.46	FAT
WHEELCHAIR: Nathan Schertz	2015	:21.48	FAT
200 METER DASH			
Adrian Landrus	2022	24.75	FAT
400 METER DASH			
Jonathon Hasty	2017	:55.99	FAT
800 METER RUN			
Hunter Cobbley	2016	2:04.52	FAT
1600 METER RUN			
Hunter Cobbley	2016	4:29.50	FAT
3200 METER RUN			
Hunter Cobbley	2016	9:46.19	FAT
60 M HIGH HURDLES			
Kollin Schlipf	2020	:08.98	FAT
LONG JUMP			
Creed Welsch	2022	6.13m	[20-1 1/4]
HIGH JUMP			
Cody Seiler	2006, 2008	1.829m	[6-0]
TRIPLE JUMP			
Joe Kerner	2022	12.60m	[41-4 1/4]
SHOT PUT			
Anthony Hornsby	2018	14.237m	[46-8 1/2]
POLE VAULT			
Marcus Czapar	2022	3.45m	[11-3 3/4]
4 x 200 RELAY			
(Adrian Landrus 24.5, Lane Dohman 25.1, Reece Stimpert 24.6, Conner Betts 23.3)	2022	1:37.61	FAT
4 x 400 RELAY			
(Travis Gramm, 59.4, Noah Ludy 55.7, Logan Elder 57.9, Conner Betts 54.4)	2022	3:47.80	FAT
4 x 800 RELAY			
(Hunter Cobbley 2:06.5, Andy Layden 2:07.6, Shelby Heffron 2:15.8, Adam Ludy 2:06.1)	2016	8:35.97	FAT

EPG, El Paso, & Gridley Girls Relays Honor Roll • 1973 to 2022

4 x 100 meter Relay

- :50.99 FAT, (Makenna Parkhouse 13.2, Sophia Lowery 13.4, Emma Betts 12.0, Tristyn Grube 12.4), *EPG Sectional 2019*.
- :51.00 FAT, (Makenna Parkhouse 13.6, Sophia Lowery 12.6, Emma Betts, 12.4, Tristyn Grube 12.4), *McLean Co./HOI 2019*.
- :51.12 FAT, (Makenna Parkhouse 12.9, Sophia Lowery 12.9, Emma Betts 12.3, Tristyn Grube 13.02), *State Prelims 2019*.
- :51.59 FAT, (Gracie Feeney 13.8, Michelle Bigger 12.6, Maddie Morrison 12.3, Kaylynn Schlipf 12.89), *Lewistown Sectional 2015*.
- :51.61 FAT, (Gracie Feeney, Aubrey Staton, Maddie Morrison, Kaylynn Schlipf), *EPG Hexangular 2016*
- :51.65 FAT, (Makenna Parkhouse, Sophia Lowery, Emma Betts, Tristyn Grube), *Senior Night 2019*
- :51.72 FAT, (Makenna Parkhouse 13.4, Sophia Lowery 12.4, Emma Betts 13.2, Tristyn Grube 12.7), *Clinton 2019*.
- :51.84 FAT, (Gracie Feeney 13.1, Aubrey Staton 13.2, Maddie Morrison 11.8, Kaylynn Schlipf 13.3), *EPG Quad 2016*
- :51.88 FAT, (Makenna Parkhouse 13.5, Aubrey Staton 13.0, Faith Graham 12.4, Tristyn Grube 12.9), *Lewistown Sectional 2018*.
- :51.97 FAT, (Gracie Feeney 13.3, Aubrey Staton, 12.6, Maddie Morrison 12.6, Kaylynn Schlipf 13.47), *Clinton 2016*.
- :52.04 hc, (Gracie Feeney 13.4, Aubrey Staton 13.4, Maddie Morrison 12.2, Kaylynn Schlipf 12.8), *Prairie Central Invite 2016*.
- :52.08 FAT, (Gracie Feeney 13.5, Aubrey Staton 12.3, Maddie Morrison, Makenna Parkhouse), *County/HOI 2016*.
- :52.24 hc, (Amy Heller, Michelle Graham, Laura Dukes, Sheila Jones), *Clinton 1985*
- :52.27 FAT, (Gracie Feeney 13.1, Aubrey Staton 13.2, Maddie Morrison 13.1, Kaylynn Schlipf 12.9), *EPG Sectional 2016*.
- :52.34 hc, (Patty Hynes, Laura Dukes, Amy Heller, Sheila Jones), *Sectional 1984*
- :52.34 FAT, (Jillian Toth 12.8, Tristyn Grube 13.0, Faith Graham 13.6, Tori Witzig 12.94), *Tremont Sectional 2021*.
- :52.36 FAT, (Makenna Parkhouse 13.3, Sophia Lowery 13.2, Emma Betts 12.8, Tristyn Grube 13.0), *Eureka Invite 2019*
- :52.39 FAT, (Reese Deckard 13.6, Abriel Smith 12.1, Aubrey Phillips 12.5, Sofia Lindenberg 14.2), *State Prelims 2022*.
- :52.40 FAT, (Jillian Toth 13.1, Tristyn Grube 13.5, Faith Graham 12.3, Tori Witzig 13.5), *State Finals 2021*
- :52.43 FAT, (Gracie Feeney 13.6, Michelle Bigger 13.7, Maddie Morrison 12.0, Kaylynn Schlipf 13.1), *McLean County 2015*.
- :52.44 FAT (Jillian Toth 13.8, Tristyn Grube 12.0, Faith Graham 13.4, Tori Witzig 13.24), *Seneca Invite 2021*.

4 x 200 meter Relay

- 1:49.48 FAT, (Tori Witzig 27.3, Emma Betts 27.7, Sophia Lowery 27.6, Tristyn Grube 26.9), *State Prelims 2019*
- 1:49.59 FAT, (Faith Graham 29.7, Tori Witzig 26.5, Sophia Lowery 27.1, Tristyn Grube 26.3), *Senior Night 2019*
- 1:50.44 hc, (Laura Dukes, Lori Riker, Michelle Graham, Sheila Jones), *State Prelims '84*
- 1:50.44 FAT, (Gracie Feeney 28.1, Aubrey Staton 26.7, Makenna Parkhouse 28.6, Maddie Morrison 27.04), *EPG Sectional 2016*
- 1:51.04 FAT, (Gracie Feeney 27.5, Aubrey Staton, 27.7, Makenna Parkhouse 27.6, Maddie Morrison 28.2), *County/HOI 2016*.
- 1:51.05 FAT, (Gracie Feeney 27.9, Aubrey Staton 28.0, Maddie Morrison 27.3, Kaylynn Schlipf 27.8), *EPG Hexangular 2016*
- 1:51.55 FAT, (Gracie Feeney 27.9, Aubrey Staton 27.7, Makenna Parkhouse 27.9, Maddie Morrison 28.05), *State Prelims 2016*.
- 1:51.64 hc, (Laura Dukes, Lori Riker, Michelle Graham, Sheila Jones), *Sectional 1984*
- 1:51.98 FAT, (Aubrey Staton 28.7, Maddie Morrison 30.2, Michelle Bigger 26.3, Kaylynn Schlipf 26.78), *Lewistown Sectional 2015*.
- 1:52.04 hc, (Traci Faulk, Michelle Graham, Laura Dukes, Sheila Jones), *Olympia 1985*
- 1:52.07 FAT, (Faith Graham 29.5, Rebecca Orns 27.5, Tori Witzig 28.4, Tristyn Grube 26.67), *EPG Sectional 2019*
- 1:52.15 FAT, (Faith Graham 29.5, Emma Betts 26.7, Jaycie Schertz 28.9, Tori Witzig 26.9), *Lewistown Sectional 2018*.
- 1:52.16 FAT, (Reese Deckard 27.3, Sofia Lindenberg 27.6, Abriel Smith 28.5, Aubrey Phillips 28.7), *EPG Sectional 2022*
- 1:52.34 hc, (Traci Faulk, Michelle Graham, Laura Dukes, Sheila Jones), *Sectional 1985*
- 1:52.44 hc, (Makenna Parkhouse 28.1, Lauren Sepich 29.1, Rebecca Orns 28.4, Tristyn Grube 26.7), *Dee-Mack 2019*
- 1:52.46 FAT, (Gracie Feeney 28.6, Maddie Morrison 27.6, Aubrey Staton 29.1, Kaylynn Schlipf 27.4), *Top Times B-N Honor Roll 2015*.
- 1:52.85 FAT, (Tori Witzig 27.3, Rebecca Orns 29.9, Emma Betts 28.4, Tristyn Grube 27.3), *Mendota Invite 2019*
- 1:52.95 FAT, (Gracie Feeney, Aubrey Staton, Maddie Morrison, Kaylynn Schlipf), *Clinton 2016*
- 1:53.01 FAT, (Emma Betts 28.6, Jaycie Schertz 28.1, Aubrey Staton 28.9, Maddie Morrison 27.4), *Tremont Sectional 2017*
- 1:53.13 FAT, (Gracie Feeney 27.0, Aubrey Staton 29.7, Maddie Morrison 26.9, Makenna Parkhouse 29.5), *Eureka Invite 2016*
- 1:53.24 FAT, (Reese Deckard 27.5, Abriel Smith 28.1, Aubrey Phillips 29.7, Sofia Lindenberg 28.0), *State Prelims 2022*.

4 x 400 meter Relay

- 4:07.84 hc, (Gina Kelly 1:03.9, Traci Faulk 1:03.2, Sheila Jones 59.3, Amy Heller 1:01.2), *State Finals 1985*
- 4:10.24 hc, (Dee Kurtenbach 1:03.4, Gina Kelly 1:03.5, Amy Heller 1:02.6, Sheila Jones 1:00.5), *Monticello Sectional 1984*
- 4:10.95 FAT, (Makenna Parkhouse 1:03.5, Emma Betts 1:04.0, Sophia Lowery 1:02.0, Tristyn Grube 1:01.5), *McLean Co./HOI 2019*
- 4:11.24 hc, (Dee Kurtenbach, Sheila Jones, Mara Bergquist, Amy Heller), *Normal '83*
- 4:11.34 hc, (Gina Kelly 1:05.8, Traci Faulk 1:03.3, Sheila Jones 1:00.7, Amy Heller 1:01.3), *Monticello Sectional 1985*
- 4:11.34 hc, (Gina Kelly, Traci Faulk, Sheila Jones, Amy Heller), *State Prelims 1985*
- 4:11.61 FAT, (Makenna Parkhouse 1:04.2, Ruby Slightom 1:05.4, Sophia Lowery 1:01.1, Tristyn Grube 1:00.9), *Mendota Invite 2019*
- 4:11.94 hc, (Heather Arbuckle 1:05.5, Tori Bellman 1:03.8, Janell Schmidt 1:01.6, Jennifer Cox 1:00.8), *Pantagraph Honor Roll 2000*
- 4:12.14 hc, (Gina Kelly, Traci Faulk, Sheila Jones, Amy Heller), *Clinton 1985*
- 4:12.54 hc, (Patty Hynes, Sheila Jones, Mara Bergquist, Amy Heller), *Normal 1982*
- 4:12.54 hc, (Dee Kurtenbach, Gina Kelly, Amy Heller, Sheila Jones), *State Prelims 1984*
- 4:13.24 hc, (Amy Heller, Patty Hynes, Sheila Jones, Mara Bergquist), *District 1982*
- 4:13.64 FAT, (Makenna Parkhouse 1:03.4, Emma Betts 1:04.4, Sophia Lowery 1:02.5, Tristyn Grube 1:03.3), *State Prelims 2019*
- 4:13.90 FAT, (Heather Arbuckle 1:04.4, Lindsay Reh 1:04.7, Janell Schmidt 1:02.9, Jennifer Cox 1:01.9), *State Prelims 2001*
- 4:13.90 FAT, (Makenna Parkhouse 64.2, Kaylynn Schlipf 65.3, Maddie Morrison, 63.4, Gracie Feeney 61.0), *McLean County/HOI 2017*
- 4:14.10 FAT, (Makenna Parkhouse 62.8, Kaylynn Schlipf 65.8, Maddie Morrison 65.2, Gracie Feeney 60.3), *State Prelims 2017*.
- 4:14.34 hc, (Heather Arbuckle 1:06.1, Lindsay Reh 1:07.0, Janell Schmidt 1:00.6, Jennifer Cox 1:00.4), *Eureka Sectional 2001*
- 4:14.44 hc, (Gina Kelly, Traci Faulk, Sheila Jones, Amy Heller), *Midstate 1985*
- 4:14.52 FAT, (Makenna Parkhouse 1:02.9, Emma Betts 1:04.5, Sophia Lowery 1:03.6, Tristyn Grube 1:03.5), *Eureka Invite*.
- 4:14.74 hc, (Gina Kelly 1:06.3, Traci Faulk 1:04.1, Sheila Jones 1:01.4, Amy Heller 1:03.7), *Pantagraph Honor Roll 1985*

4 x 800 meter Relay (first run 1986)

- 10:05.62 FAT, (Tristyn Grube 2:32.2, Sophi Allen 2:34.3, Jenna Kent 2:36.6, Ruby Slightom 2:22.5), *Journal Star Honor Roll 2019*.
- 10:15.44 hc, (Gina Kelly 2:31.9, Kami Bergquist 2:35.9, Susan Cleary 2:34.5, Becky Jones 2:32.8), *State Prelims 1986*
- 10:16.24 hc, (Karly Miller 2:29.2, Jessica Welch 2:42.5, Rachael Rotramel 2:45.6, Julie James 2:18.7), *Eureka Invite, 2011*
- 10:16.84 hc, (Mendy Carr, 2:33.4, Kara Schertz 2:40.3, Sara Schairer 2:36.5, Inga Bergquist 2:26.4), *State Prelims 1993*
- 10:17.19 FAT, (Karly Miller 2:29.7, Jessica Welch 2:45.9, Jordan Hartness 2:38.8, Julie James 2:22.6), *McLean County 2011*
- 10:17.74 hc, (Cate Atkins 2:39.5, Sophia Lowery 2:39.2), Tristyn Grube 2:34.9, Ruby Slightom 2:23.9), *Dee-Mack 2019*.
- 10:18.14 hc, (Sara Schairer 2:32.9, Kara Schertz 2:42.1, Inga Bergquist 2:26.7, Mendy Carr 2:36.2), *Eureka Sectional 1992*
- 10:17.95 FAT, (Karly Miller 2:29, Jessica Welch 2:39, Jordan Hartness 2:42, Julie James 2:28), *PBL Sectional 2011*.
- 10:21.14 hc, (Mendy Carr 2:34.9, Kara Schertz 2:42.6, Sara Schairer 2:34.5, Inga Bergquist 2:28.9), *Pantagraph Honor Roll 1993*
- 10:22.24 hc, (Sara Schairer 2:33.1, Kara Schertz 2:39.8, Inga Bergquist 2:32.3, Mendy Carr 2:36.8), *Eureka Invitational 1992*
- 10:23.64 FAT, (Karly Miller 2:25.1, Jessica Welch 2:38.2, Delaney Killian 2:44.7, Jordan Hartness 2:35.64), *State Prelims 2011*.
- 10:24.14 hc, (Sara Schairer 2:34.3, Kara Schertz 2:41.8, Inga Bergquist 2:30.0, Mendy Carr 2:37.8), *State Prelims 1992*
- 10:25.34 hc, (Mendy Carr 2:33.1, Kara Schertz 2:44.7, Sara Schairer 2:37.1, Inga Bergquist 2:30.2), *Eureka Sectional 1993*
- 10:25.54 hc, (Sara Schairer 2:37.4, Kara Schertz 2:41.9, Inga Bergquist 2:29.1, Mendy Carr 2:36.9), *Clinton Carnival 1992*
- 10:26.04 hc, (Gina Kelly, Kami Bergquist, Susan Cleary, Becky Jones), *Honor Roll '86*
- 10:26.24 hc, (Mendy Carr 2:35.5, Kara Schertz 2:43.7, Sara Schairer 2:37.2, Inga Bergquist 2:28.6), *Clinton Carnival 1993*

FASTEST RELAY SPLITS FOR 400 METERS

- :57.8, Julie James, *McLean County, '10*
- :58.7, Julie James, *Tremont, '10*
- :59.3, Sheila Jones, *State Finals '85*
- :59.3, Julie James, *Clinton, '10*
- :59.7, Mara Bergquist, *District '82*
- :60.1, Julie James, *Mendota '11*
- :60.3, Janell Schmidt, *Sectional '02*
- :60.3, Julie James, *Henry '11*
- :60.4, Sheila Jones, *Sectional '85*
- :60.4, Sheila Jones, *Sectional '84*
- :60.4, Jennifer Cox, *Sectional '01*

FASTEST RELAY SPLITS FOR 800 METERS

- 2:18.7, Julie James, *Eureka Invite '11*
- 2:22.5, Ruby Slightom, *PJS Honor Roll '19*
- 2:22.6, Julie James, *Tremont '10*
- 2:22.6, Julie James, *County/HOI '11*
- 2:22.8, Julie James, *Heyworth '13*
- 2:25.1, Karly Miller, *State Prelims '11*
- 2:25.6, Julie James, *Olympia '10*
- 2:25.6, Ruby Slightom, *State Prelims '19*
- 2:26.4, Inga Bergquist, *State Prelims '93*
- 2:26.7, Inga Bergquist, *Eureka Sect. '92*
- 2:27.5, Julie James, *Heyworth '11*